

HOUSE
RESOLUTION No. _____

Introduced by: Cheney, Budak, Brown C, Dillon

A HOUSE RESOLUTION to urging the Indiana department of education and local school boards to provide regular fitness programs for all students.

Whereas, Indianapolis was recently rated as the city with the fourth highest obesity rate in America;

Whereas, Nearly half of America's youths, ages 12 - 21, are not vigorously active on a regular basis;

Whereas, The percentage of young people who are overweight has more than doubled in the past 30 years;

Whereas, Participation in all types of physical activity declines strikingly as age or grade in school increases;

Whereas, Only 19 percent of all high school students are physically active for 20 minutes or more, five days a week, in



physical education class;

Whereas, Research has shown that a daily fitness routine for youth can produce enhanced academic achievement, improved self-esteem, better attitudes toward school, reduced stress levels and aggressive behaviors, and increased learning abilities;

Whereas, Active children are healthier, resulting in fewer missed school days and higher concentration and productivity in class;

Whereas, Research has shown that the exercise habits of children between the ages of nine and 14 directly influence the amount of physical activity they engage in as adolescents and adults;

Whereas, It is the opinion of the American College of Sports Medicine that physical fitness programs for children and youth should be developed with the primary goal of encouraging lifelong exercise behavior in order to develop and maintain sufficient physical fitness for adequate functional capacity and health enhancement;

Whereas, Since children spend a large amount of their waking hours in school, it is logical that schools and physical education should play a significant role in meeting the physical activity guidelines developed for children; and

Whereas, Educators can and should show leadership in promoting activity experiences at school: Therefore,

Be it resolved by the House of Representatives of the
General Assembly of the State of Indiana:

SECTION 1. That the House of Representatives of the Indiana General Assembly urges educators throughout the state to develop programs to provide regular fitness programs for all students.



SECTION 2. That the House of Representatives of the Indiana General Assembly encourages the state board of education to assess the current fitness programs provided to Indiana students and to develop recommendations for improvement and to report their findings to the House and Senate Education Committees by December 1, 2001.

SECTION 3. That the Principal Clerk of the House of Representatives transmit a copy of this resolution to the superintendent of public instruction, the superintendent of each school corporation in Indiana, the Indiana department of education, the state board of education, and the education roundtable.

